

Dr. Katie Eastman  
Transforming loss into  
CHANGE and GROWTH

Life Coaching

Executive Coaching

Training

Consulting

Speaking

# Life Coaching with Dr. Katie Eastman

Discover a Unique Approach to Coaching Based  
on Empathy and Expertise, and Feel Your Personal  
and Professional Life Blossom



**DR. KATIE EASTMAN**

Transforming loss into  
*CHANGE and GROWTH*



## **Dr. Katie Eastman**

**Executive Coach**

*In a world of constant change, many people struggle with adjustment, loss, and personal growth. Do you feel that you need support and help to cope with change? As a licensed psychotherapist with over 35 years of experience, I can help you reframe your challenges and turn them into opportunities for growth.*

*As a compassionate change coach, every individual and organization has untapped growth potential. My approach goes beyond conventional coaching methods; it's a collaborative and empathetic partnership where your unique experiences and challenges are honored.*



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# Transformative Change Coaching

*I bring a dynamic blend of strategic insight and personalized coaching. Together we will collaborate to amplify your strengths, overcome challenges, and support you through this life-changing experience.*

*I am deeply committed to creating a safe and supportive space for you to explore, learn, and evolve. Together, we will navigate the highs and lows of change, embracing each moment as an opportunity for growth and self-discovery.*



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# Health Coaching

*With a supportive and personalized approach, I help clients navigate complex health conditions, providing motivation, tailored strategies, and practical solutions.*

*With my palliative care background, I do a lot of work with people struggling with challenging mental health or medical conditions or when they are supporting their loved ones struggling with these serious conditions. As a result, I have a deep understanding of the diverse health challenges and am dedicated to helping clients on their journey to better health and a higher quality of life.*



# Grief Coaching

*My coaching philosophy centers around empathy, understanding, and a genuine commitment to supporting you in navigating the complexities of loss.*

*I will help you work through loss and grief in a way that will provide a foundation for recovery and new beginnings, opening you up to deeper self-awareness and inner harmony.*



# Key Focus Areas

## Emotional Well-being

I prioritize your emotional well-being throughout the change process, fostering a healthy and resilient mindset.

## Effective Communication

I guide you in developing effective communication strategies to navigate change with clarity and understanding.

## Empowerment

My coaching empowers you to embrace change confidently, recognizing it as a catalyst for personal and professional advancement.

*Choosing compassionate change coaching means embarking on a transformative journey with a coach who not only understands the dynamics of change but genuinely cares about your well-being. We'll turn challenges into opportunities, fostering a positive and sustainable path forward.*



# Coaching plans and packages

If you're ready to embark on a journey of self-discovery, resilience, and positive change, I am here to support you every step of the way. Let's navigate change with compassion and purpose. Please reach out for your first session and we will begin working on your life changes.



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2024 Dr. Katie Eastman

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